

The House of Muay Thai - Williamsburg

757-383-9293 | info@thehouseofmuaythai.com | 4854 Longhill Road, #10, Williamsburg, VA 23188 | www.thehouseofmuaythai.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00-10:30AM						** MT Competition Team Training	
10:30-11:30AM						Fitness Kickboxing	
5:00-6:00PM	Youth Muay Thai	Youth Muay Thai	Youth Muay Thai	Youth Muay Thai	Youth Muay Thai		
6:00-7:00PM	Fitness Kickboxing	Fitness Kickboxing	Fitness Kickboxing	Fitness Kickboxing	Fitness Kickboxing		
7:00-8:00PM	* Muay Thai Fundamentals	* Muay Thai Fundamentals	* Muay Thai Fundamentals	* Muay Thai Fundamentals	* Muay Thai Fundamentals		
7:45-8:30PM	** MT Competition Team Training		** MT Competition Team Training				

TRIAL INTRODUCTORY CLASSES		
5:00-6:00PM	Monday-Friday	Youth Muay Thai
5:30-6:00PM	Monday-Friday	Muay Thai
10:00-10:30AM	Saturday	

AVAILABLE CROSS-TRAINING			
7:45-8:30PM	Tuesday & Thursday	**MT Competition Team Training	HOMT VB
9:00-10:30AM	Saturday		

* Minimum of 5-10 Fitness Kickboxing classes required before attendance.

** Minimum of 5-10 Muay Thai Fundamental classes required before attendance.

ALL CLASSES REQUIRE RESERVATIONS THROUGH THE ZEN PLANNER MEMBER APP